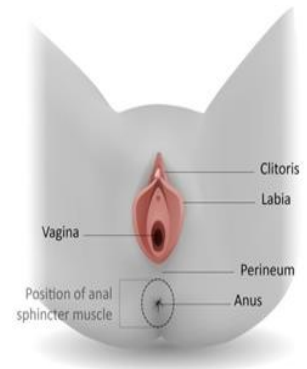




Perineal Scar Massage

Perineal and Vaginal Scar Tissue

During wound healing, fibrous tissue forms to repair the wound. This tissue is often referred to as scar tissue. The amount of scar tissue which forms can depend on the size of your wound, whether your wound healing was affected by infection, whether your wound opened up, and on how your body repaired the wound. Scar tissue can be less moveable and flexible, and can become attached to surrounding layers of muscle and tissue. For some women and birthing people this can feel tight and be uncomfortable. You may feel uncomfortable during some activities and for some people, during sex. Massaging scar tissue can help it to break down and become more flexible. This can help reduce discomfort.



When to start perineal scar massages

Do not start massaging your scar until your wound has completely healed. The wound should be completely closed and covered by skin.

Most wounds have healed by the time of your six week check up with your GP. You can ask them to check during this appointment that your wound has completely healed. If you are experiencing any discomfort or concerns with your wound, tell your GP at this appointment. You can also speak to your GP about scar massage. Do not massage your scar if you have any infections in the wound or your vagina.

How to perform a perineal scar massage

A perineal scar massage will work best when the area is warm. Warmth helps the area to relax and helps blood flow. You can warm your perineal area by taking a bath or using a warm compress.

Use lubrication such as almond or olive oil, or any other oil you are not allergic to and does not contain perfumes. Wash your hands before beginning the massage.

Massage your scar tissue outside on your perineum, and inside your vagina. Use a variety of directions e.g. side to side, circular, zig-zag. It may be a little uncomfortable but shouldn't be painful. Adjust your touch and pressure to avoid pain. You will be able to feel the areas which need massage, and will be able to feel the best pressure to use. You may want to try different positions, and use your fingers or thumbs, to be able to comfortably reach all of your scar tissue. Try and stay relaxed during the massage. If you feel yourself tensing, use your breath to help you relax, or stop the massage and try again another day.

You can massage your scar tissue every day (aim for at least three times a week), for up to ten minutes each time. Stop before this if it is uncomfortable.

What are the benefits of a perineal scar massage?

Perineal scar massages may help to:

Information for Patients

- Reduce discomfort or pain in the area of your scar.
- Reduce discomfort or pain when opening your bowels
- Reduce discomfort or pain during sex
- Soften and flatten scars, improving their appearance.
- Increase flexibility and mobility of scar tissue

What are the risks of perineal scar massages?

Perineal scar massages are safe to perform once your wound has healed. Perineal scar massages won't damage your vagina or perineum. If you feel pain, use a gentler touch. Stop perineal massage and contact your GP if you experience:

- Any bleeding or discharge from your scar
- An allergic reaction to the lubricant used

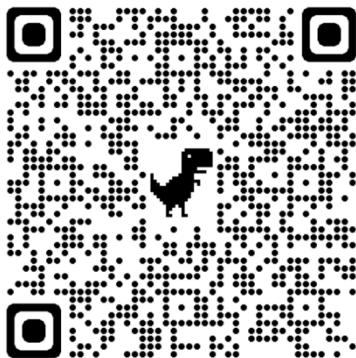
What are the alternatives to perineal scar massage?

You can leave the wound continue to heal for up to two years after the injury. During this time the body will start to break down scar tissue. Perineal scar massage aims to speed up this process

Organisations offering information and support

Royal College of Obstetricians & Gynaecologists (RCOG)

[Perineal tears and episiotomies in childbirth](https://www.rcog.org.uk/Perineal-tears-and-episiotomies-in-childbirth)
([rcog.org.uk](https://www.rcog.org.uk/))



The MASIC Foundation:

<https://masic.org.uk/>



Bladder and Bowel Foundation:

<https://www.bladderandbowel.org/>



Birth Trauma Association:

<https://www.birthtraumaassociation.org.uk/>



Squeezy

<https://squeezyapp.com/pelvic-health-information/>



Pelvic Obstetric and Gynaecological Physiotherapists (POGP)

https://thepogp.co.uk/patient_information/default.aspx



Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

You may want to visit one of our Health Information Centres located in:

- Treatment Centre at Good Hope Hospital Tel: 0121 424 9946
 - Clinic Entrance Solihull Hospital Tel: 0121 424 5616
- or contact us by email: healthinfo.centre@heartofengland.nhs.uk.

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.